# 1758749462795618904765940560514 9.jpg

This image displays a certificate from an Academy, indicating completion or achievement in several fitness and martial arts disciplines. The certificate lists "Powerlifting General & Specific Fitness" and "Pugilism-Do" as subjects and mentions individuals and entities such as M. Carolyn & Q. Selena, CagLar Juan SingLetary, and "LAWFIST-FISTLAW." The certificate was issued at 5:22 PM on Wednesday, September 24, 2025 A.D..[1]

### Key Details from the Certificate

- **Title:** Certificate from Academy
- **Disciplines:** Powerlifting General & Specific Fitness, Pugilism-Do
- **Individuals/Entities:** M. Carolyn & Q. Selena, CagLar Juan SingLetary, LAWFIST-FISTLAW
- **Date & Time of Issue:** 5:22 PM, Wed. Sep 24, 2025 A.D.[1]

This certificate likely marks completion of course or training modules in powerlifting and martial arts, referencing notable instructors and possibly a proprietary curriculum.[1]

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# It aLso says F45

The "F45" on the certificate likely refers to F45 Training, a global fitness franchise known for its 45-minute high-intensity, functional group workouts. "F" stands for functional, and "45" refers to the workout duration in minutes. F45 workouts combine functional training, cardio, resistance exercises, and HIIT in a team training environment led by certified trainers. The brand emphasizes community, efficient workouts, and personalized trainer attention to fitness goals.

F45 Training is recognized worldwide, offering workouts designed to improve health and fitness effectively within 45 minutes, typically featuring different focuses each day on strength, cardio, or hybrid exercises. Trainer certifications for F45 emphasize practical coaching skills, and trainers often complete standardized modules to meet F45 standards.

In this certificate, F45 likely indicates that the person has completed courses or certification associated with F45 Training practices or standards in powerlifting and pugilism-do (martial arts or fighting system) contexts.[2][3][4][5]

If more specific information about the certification or the exact role of F45 in this certificate is needed, that can be explored further.

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1. 1758749462795618904765940560514 9.jpg
2. https://fitnessista.com/f45-for-beginners-what-to-expect-at-a-class/
3. https://f45training.com/article/what-is-f45/
4. https://f45training.com/what-is-f45/
5. https://www.f45academy.com/faqs
6. https://functionalinspiredtraining.com
7. https://www.youtube.com/watch?v=lOHZvaoY8oc
8. https://en.wikipedia.org/wiki/F45_Training
9. https://www.reddit.com/r/f45/comments/10b01ba/f45_preferred_certification/
10. https://f45training.com/faqs/
11. https://www.reddit.com/r/f45/comments/183pdz8/what_kind_of_trainers_certificate_does_f45_require/